

ROBOTS IN THIS GUY'S BACKYARD

TRANSFORMERS COMIC
PROVES MACDONALD
BRIDGE IS READY FOR
OPTIMUS PRIME TIME PAGES

10 years of gay marriage in N.S.

A decade after all the resistance and fearmongering, it turns out that same-sex couples getting married really isn't a big deal [24023]

Huskies 'want to turn it around'

Despite the tough start, Saint Mary's quarterback Ben Rossong says there's 'still lots of football to be played' this season

Discover Great Radio



Man faces charges for alleged breach of publication ban

Lyle Howe case. Police charge Dartmouth man after investigation into Facebook post naming sexual assault victim



RUTH
DAVENPORT
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Halifax Regional Police say charges have been laid in connection with the alleged breach of a publication ban in the recent Lyle Howe sexassault case.

Const. Pierre Bourdages said Wednesday that a 62-year-old Dartmouth man was served with a notice to appear in court in connection with a Facebook post that included the name of the woman that Howe has been convicted of assaulting.

"There are orders issued by the court for protection of the victims, of their name and identity," said Bourdages. "Unfortunately, an individual decided that they would post the information even though there was a publication ban."

The post in question appeared in a support group for Howe, a local lawyer, shortly after he was sentenced in July to three years in prison.

"It was my hope that ... through our efforts as a support group, we would prove Lyle's innocence," reads the post. "That his one-nite fling with (the complainant) was consensual ... and that Lyle would be vindicated."

Bourdages said police launched an investigation into the alleged breach after receiving several complaints about it.

Halifax resident Nicole Pettipas filed one of those

Another breach?

Halifax police are investigating another potential breach of a publication ban in another case. Const. Pierre Bourdages wouldn't confirm which case it involved, but said police received several complaints on Tuesday.

 On Monday, a 20-year-old man pleaded guilty to child-porn charges in a case involving a teenaged girl who died after a suicide attempt last year, and whose name is protected by a publication ban.

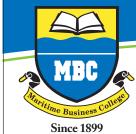
complaints, saying Wednesday she was impressed with how seriously police investigators took the issue — and "really pleased" to see charges laid.



WALKING THE WALK

A group of men, including Coun. Darren Fisher, centre, crosses a road in high heels during the Walk a Mile in Her Shoes event on Wednesday. The event raises awareness and funds for programs that can help women leave abusive situations. Story, page 6. JEFF HARPER/METRO





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FIVE THINGS YOU NEED TO KNOW TODAY

1 TUNE IN

Nova Scotia Lt-Gov. J.J. Grant will deliver the 62nd speech from the throne at Province House Thursday at 2 p.m. Eastlink TV will be carrying the speech live.

A PARTY YOU CAN BITE INTO

The Halifax Food Truck Party runs Thursday from 4 to 8 p.m. at the Museum of Natural History parking lot. About 20 truck vendors are scheduled to take part.

GAME OF ZOMBIES?

Game of Thrones' Lena Headey and Charles Dance have signed on for the adaptation of Pride and Prejudice and Zombies, based on the 2009 modification of the Jane Austen classic.

4 POST DEPOT HACK

Some lenders are preparing to reissue credit or debit cards to customers to head off possible losses following the Home Depot data breach. Capital One Financial and JPMorgan Chase & Co. said Wednesday they are assigning new cards.

DR. MOSQUITO

Brazilian researchers have freed a batch of mosquitoes injected with a dengue-blocking bacteria they hope can combat the tropical disease naturally. The scientists are taking part in a global project to release the mosquitoes.

Ten-year anniversary for same-sex marriage in N.S.

Equality. 'The biggest deal is that it's not a big deal,' says Rainbow Action Project spokesperson



RYAN
haley.ryan@metronews.ca

Ten years ago, Nova Scotia legalized same-sex marriage and for Kevin Kindred, that's 10 years in which society hasn't crumbled — despite the fear-mongering of some politicians a decade ago.

Kindred, spokesperson for the Nova Scotia Rainbow Action Project, said for all the conservative resistance and talk about how same-sex marriage would lead to people marrying their siblings or animals, it became clear right away that "life goes on."

"The biggest deal is that it's not a big deal," Kindred said Wednesday, 10 years to the day since a judge in the Nova Scotia Supreme Court ruled banning

Quote

"The world doesn't end if you start recognizing equality."

Kevin Kindred, spokesperson for the Nova Scotia Rainbow Action Project

same-sex marriages was unconstitutional.

"The only change is you have a lot more couples treated equally, and some strong messages to kids growing up that it's OK to love who you want to love."

Kindred said there was a rush of couples who got married in 2004 and 2005 that had been waiting for years, but since then the rates have likely evened out and become proportionate to marriage rates overall.

Although changing marriage didn't mean the gay liberation movement disappeared in the province, Kindred said it's "so meaningful" that people see the event as a milestone.

"(We) can say ... we've had same-sex marriage for 10 years,



there's no place for homophobia in society anymore. We should be past that."

Kindred said the recent backlash against civil equality for LGBTQ people in parts of the United States, Russia, Africa and Western Europe is more reason to ensure Nova Scotia continues to be a good example of how equality can be achieved without hurting "the stability of our society."

Whether or not every samesex couple decides they want to marry, Kindred said it's important to have a milestone that shows we don't have "narrow interpretations" of who can benefit from Canadian laws.

"Having the option says something important about who we are as Canadians," he



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metronews.ca Thursday, September 25, 2014 metr⊕ **NEWS**

Bag limit. New trash laws won't affect kitty litter, doggie doo disposal

Halifax residents worried about having to find clear bags for cleaning out the litter box under new trash bylaws can relax — nothing will change if the proposed rules take effect.

During Tuesday's council debate on reducing the curbside bag limit from six to four, Coun. Gloria McCluskey raised concerns from a resident whose pets could put him over the limit.

"He has seven bags of dogs' yard waste a week, and I think he has a number of cats, and the animal waste, usually four bags, goes to the curb, so what will they do?" she asked.

City CAO Richard Butts suggested that anyone whose animal waste puts them over the limit will need to explore alternatives for disposal.

But the city emphasized on a frequently-asked-ques-

Police in Nova Scotia have released the name of the woman who died in a three-vehicle

collision outside Baddeck on

crash just after 2 p.m. on High-

way 105. Kerrie Lynn MacKen-

zie, 45, of Middle River was

pronounced dead at the scene.

driving a Honda Civic and

Police say the victim was

Police say the collision

RCMP were called to the

Monday afternoon.

The number to call to reach a city educator who can provide ideas on reducing household garbage output.

tions website that as long as they meet the bag limit, residents can toss out kitty litter and other animal waste the same way as always.

A staff report states that used litter or poop can be collected in grocery bags and then included in either clear or dark garbage bags for curbside pickup.

"That wouldn't be a way to reject it because it will be easy for the collectors to see that those smaller bags that are tied up are clearly pet waste," said spokesperson Tiffany Chase.

The driver of the pickup was

treated on scene by para-

medics, while the person

behind the wheel of the

tractor-trailer wasn't hurt.

pushed the victim's vehicle into a tractor-trailer that was

travelling in the opposite dir-

crash is ongoing. METRO

The investigation into the

RUTH DAVENPORT/METRO

Investigation continues. Police name woman killed

in three-vehicle collision



Murder charge dropped over 'Mr. Big' confession

New rules on police sting. Dartmouth man was accused of killing

Rhonda Wilson in 2002

After spending more than a year behind bars charged with first-degree murder, Albert Rex Baird has walked out of the Kentville courthouse a

free man.

The Dartmouth man offered no comment to media as he got into a waiting car and drove off following his appearance in Kentville provincial court on Wednesday, where the charges against him were officially dropped.

Everyone entering court was subject to a search Wednesday morning, and there was a heavy police presence.

Crown attorney Robert Morrison told the court that they carefully reviewed all the evidence against Baird and recent Supreme Court of Canada case law regarding the use of "Mr. Big" tactics.

"As we reviewed this case over the last several months, we've determined that there is no longer a reasonable prospect of conviction," Morrison said.

Baird had been charged with the first-degree murder of Rhonda Joyce Louise Wilson following his arrest on May 30, 2013.

It was alleged that Baird murdered Wilson in Sheffield Mills in August 2002. The two were in a relationship at the

"Mr. Baird is still a suspect, and I don't think the investigation is ending just because of this today."

Crown attorney Robert Morrison

time the mother of three left her North Kentville home, never to be seen again.

Some parts of the investigation into Baird used socalled "Mr. Big" techniques, in which undercover police officers try to recruit a suspect to a fictitious criminal organization while posing as gangsters.

In its July 2014 judgment, the Supreme Court said prosecutors must prove a Mr. Big confession is admissible by showing it's reliable and that it won't unfairly prejudice a crime suspect during court proceedings. The Crown must also prove the evidence was not obtained via police coercion or was facilitated due to a suspect's mental health or addiction issues.

Morrison said he couldn't comment on what other evidence the Crown may have had, including whether a body or DNA evidence had been found.

KING'S COUNTY REGISTER, WITH FILES FROM THE CANADIAN PRESS

stopped to make a left-hand turn in traffic and was rearended by a pickup truck.

Wolfville

Rowdy youth are 'eroding the fabric' of the core: Mayor

Wolfville Mayor Jeff Cantwell says some young adults are disrespecting their neighbours.

"It's eroding the fabric of the downtown," Cantwell said. "We have to make some connections with the municipal alcohol program." He said he has spoken to RCMP about recent disturbances and has set a meeting with the president of Acadia University. KING'S COUNTY REGISTER

Truro

Double-homicide hearing to go on despite lawyer's sex conviction

A preliminary hearing for a man charged in a double homicide near Truro will go ahead as planned on Oct. 6. Gerald Ashley Rushton is charged with first-degree murder of his girlfriend and her daughter last December. The hearing was in question after Rushton's then-counsel, Lyle Howe, was suspended following a sexual assault conviction. TRURO DAILY NEWS

The brand of horse saddle in

Police not horsin' around

Halifax Regional Police are asking the public for help in finding those responsible for stealing a horse saddle from a parked car in Halifax.

Between Sept. 1 at 11 p.m. and Sept. 2 at 6 p.m., one or more persons broke into a parked car in the driveway of a home on Allan Street.

The saddle is black and has the brand name G. Passier & Sohn, Hanvover printed on a metal tag.

The inner flap is stamped with PS-BAUM, 18.0 and "Made in Germany."

Police have no suspect description but are asking anyone with information to contact them or Crime Stoppers.

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metronews.ca
Thursday, September 25, 2014

'We need everybody's help'

Walk a Mile. Football players, Halifax police walk in heels for annual YWCA event



HALEY RYAN haley.ryan@metronews.c

The quarterback of Saint Mary's Huskies football team rolled up his jeans as he slid on a pair of heels.

Ben Rossong, 22, said while the pumps were uncomfortable, it was important to participate in the YWCA fundraiser Walk a Mile in Her Shoes on Wednesday in light of the

Quoted

"I don't think I'd ever go out for a couple hours wearing (heels), but I commend any lady who does."

Ben Rossong, quarterback for the Saint Mary's Huskies attention around suspended NFL running back Ray Rice's elevator assault on his then-fiancée (now wife) Janay Palmer.

"I was pretty shocked," the Sackville native said about the video of Rice's assault.

"I thought he should be gone for good, which I guess right now he is, and I think it should stick that way."

Rossong said he has "pretty strong feelings" about denouncing Rice and raising awareness around domestic abuse, and brought three other Saint Mary's football players to walk through Scotia Square up to the Halifax World Trade and Convention Centre.

"You do have kids looking up to you, future football players," Rossong said.

"You should show your support for the right things, instead of being in the news for the wrong things."

Miia Suokonautio, executive director for the YWCA, said events like Walk a Mile are so important because they engage men as well as bring in funds for programs that

can help women leave abusive

Among the recent Twitter hashtags that have sprung up around people sharing their experience in abusive relationships like #WhylStayed and #WhylLeft, Suokonautio said those tweeting about #How-ILeft are the most powerful.

"Women talking about how they managed to leave sitituations of violence, and the decisions that they were able to make, but also the fact that they almost always needed support," Suokonautio said.

The YWCA's microlending program helps women who need money for rent in a new apartment, or a new phone because your old one is monitored, she said.

Suokonautio said one in five women over the age of 16 will experience violence in their life, most often with intimate partners.

"We know that leaving is very, very difficult," Suokonautio said.

"We need everybody's help."



Members of Saint Mary's University football team, including quarterback Ben Rossong, third from left, get their photo taken after putting on high heel shoes to participate in the Walk a Mile in Her Shoes event Wednesday. Scan the image with your Metro News app to see who else donned pumps. JEFF HARPER/METRO

Charlottetown, P.E.I.

Drunk Dalhousie student jailed

A Nova Scotia woman who was drunk when she helped her designated driver get a vehicle up a hill will spend five days in jail after she was sentenced in provincial court in Prince Edward Island this week.

On a day when there were 18 people charged with impaired driving on the docket, Jodi Lynn Brake, 27, appeared before Judge Nancy Orr in Charlottetown where she pleaded guilty to failing the breathalyzer. The court heard Brake attended the Cavendish Beach Music Festival in July and hadn't planned to drive after the concert. She made arrangements for a designated driver, but when that person had trouble driving up a hill in a vehicle with a manual transmission, Brake decided to help her.

CHARLOTTETOWN GUARDIAN

Dartmouth

Cops locate missing boy, 14

Police in Halifax say a case involving a missing youth has been solved.

Jordan Thomas McKay, 14, had last been seen Sept. 15 leaving his home on Prince Albert Road in Dartmouth. On Wednesday afternoon, police said McKay was located safe and



Road Closures:

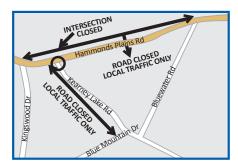
Kearney Lake Rd./Hammonds Plains Rd. Intersection

Attention motorists: Beginning at 7 p.m. on Friday, September 26, 2014, the intersection of Hammonds Plains Road and Kearney Lake Road will be closed to all traffic.

As a result, Hammonds Plains Road will be closed from Kingswood Drive to Bluewater Road, and Kearney Lake Road will be closed from Blue Mountain Drive to Hammonds Plains Road. Access will be provided for local traffic, but the intersection of Kearney Lake Road and Hammonds Plains Road will not be passable.

The road closures are scheduled to remain in effect until 6 a.m., Monday, September 29, 2014.

This work is to allow for the replacement of the 1220mm transmission main across Hammonds Plains Road as part of the Pockwock Water Transmission Main Project – Phase 2.



Halifax Water regrets any inconvenience this temporary road closure may cause.

For more information on Halifax Water please visit www.halifaxwater.ca

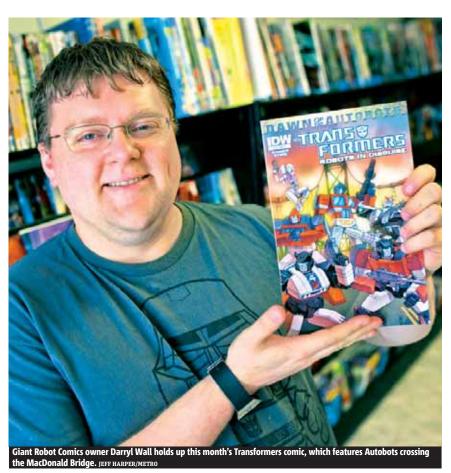


How to build a haunted house

Workers assemble part of the exterior of Alderney Landing's annual Haunted House on Wednesday. The elaborate haunted house will be open to the public starting Oct. 3.



metr⊕ **NEWS** metronews.ca Thursday, September 25, 2014



Autobots, roll out to Dartmouth

Transformers. Special issue cover with the Macdonald Bridge coveted far and wide



HALEY RYAN

The Autobots are coming across the Macdonald Bridge, and Darryl Wall is pretty sure it will hold them.

On Wednesday, Wall's Giant Robot Comics on Windmill Road in Dartmouth began selling copies of Transformers: Robots in Disguise #33 with an exclusive cover showing a group of Autobots crossing the suspension bridge.

'Our little store in Nova Scotia gets calls and emails from Japan and stuff like that which is pretty crazy," said Wall.

He said there have been messages from people across Europe and Asia interested in buying the variant cover, from former Halifax residents and visitors to Transformer fans who just want "a cool cover."

Issue #33 features new artist Sarah Stone, whom Wall met at a convention. He said she was the main reason he ordered 1,200 copies of the issue with the special cover.

'She's one of the first real mainstream female artists to work on a Transformer comic, Wall said. "I definitely wanted to ... get her name out as much as possible because she's awesome."

Wall collaborated on the cover once again with American-based artist Casey W. Coller, who did one for the Dartmouth store last year showing the Decepticons on Citadel Hill.

After coming up with an idea, Wall said Hasbro, owners of the Transformers, has to sign off on whether the cover could be printed and usually want to ensure the characters are behaving themselves.

Darryl Wall said copies are available for \$4.99 at Giant Robot Comics, hopefully until November.

"They don't want you destroying the city or anything,' Wall said. "You'll notice that they're not shooting or any-thing, they're just kind of standing there, chilling out."

This time, Wall said he was looking for an iconic image a little closer to Dartmouth and settled on the Macdonald Bridge over the MacKay because the older structure is "cooler-looking."

"They're big, heavy robots, they might sink the ferry," Wall said with a laugh, adding Halifax's bridge could hold them without any issues.

"Unless there's high winds, then they might have problems.'



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metronews.ca Thursday, September 25, 2014

Minister blames department for delay of Bluenose restoration

Uncertain. Still no timeline on when famous vessel may sail again

The senior bureaucrat in charge of the delayed and over-budget Bluenose II restoration says one of the main problems plaguing the project has been that the wrong government department was chosen to oversee the work

David Darrow, the premier's deputy minister, told a legislative committee Wednesday that the Department of Culture and Heritage doesn't have the experts in place to manage such a complex capital project.

"I don't think (the department) was particularly wellpositioned or qualified to undertake this project," Dar-



row told the public accounts committee.

"You really need the capacity to manage the project manager. To do that, you need to have people who have had experience in project management.'

Darrow pulled together his own team of managers and advisers in May when Premier Stephen McNeil asked him to take over the project from Culture and Heritage Minister Tony Ince. THE CANADIAN PRESS

Budget estimate for the vessel goes up

The Bluenose II was supposed to return to sailing in the summer of 2012 after an extensive two-year rebuild that had a budget of \$14.4 million, about half of which was to come from the federal government.

The latest estimate is \$19 million, and that doesn't include the \$300,000 needed to fix a steering system that is so stiff it takes two people to turn the ship's ornate wheel. THE CANADIAN PRESS

Grits return to legislature

It's been a year since Stephen McNeil led his Liberal government to power in Nova Scotia on promises to reduce spending and centralize health-care administration.

As the legislature returns Thursday with a throne speech, government finances and health care are expected to dominate the political debate.

Critics and political observers say there's a pressing need for McNeil to abandon what has been seen as a cautious approach as the province's economy shows few signs of coming

Sackville landfill

environment

Sackville landfill.

minister to stop

HRM leachate plan

ing the provincial environ-

ment minister to "put an

end" to HRM's proposal to

treat waste leachate at the

Organic leachate — the

runoff created when water

passes through compost — is

currently shipped to Quebec

and New Brunswick. City staff

MLA asks

Premier Stephen McNeil said the government's move to reduce the number of health authorities from 10 to two will be the major focus of the fall session. Related legislation will also be introduced on bargaining with health-care unions.

David Johnson, a political scientist at Cape Breton University, said the Liberals are still enjoying the benefit of the doubt from a public that realizes it will take time to turn the province around.

However, he said it's still an open question where the government plans to go as it approaches the first anniversary of its election on Oct. 8.

"Over the next year we will get a sense of whether this government can actually tackle not only the day-to-day management issues, but the longterm strategic direction of the province," said Johnson.

THE CANADIAN PRESS

Plug into the electricity system review!

Help us design Nova Scotia's future electricity system.

A series of public sessions will take place from Yarmouth to Sydney this fall. Sessions will include an open house, followed by a presentation by Energy Minister Andrew Younger, workshop and Q&A.

Join us at NSCC Akerley Campus, 21 Woodlawn Rd., Dartmouth on September 30 from 6:30 to 9 PM and at the Dalhousie Student Union Building, 6136 University Ave, Halifax on October 15 from 6:30 to 9 PM. Presentations begin at 7 PM.

A live webcast (English and French) will take place October 15th at 7 PM.

For webcast details and to learn more about the review, please visit www.novascotia.ca/electricityfuture.



suggest HRM could save up to \$1 million a year by treating the leachate in Sackville

However, Sackville-Cobequid MLA Dave Wilson states in a release issued Wednesday he wants Environment Minister Randy Delorey to direct his staff to reject any requests from the city to change the permit for the Sackville

In an open letter to Delorey, Wilson states that the province agreed to close the landfill on Highway 101 almost 20 years ago — and the municipality's proposal has residents "anxious and worried" about the impact on the local environment.





but not until I find the not chocolat when I compare laptops while thinking about that

which reminds me - we're hosting a dinner party this weekend and chicken is on sale, which means **white wine** is on the menu, and speaking of menus that Pad Thai smells really yummy kind of

new **cookboo**



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rak Yilmaz, a Turkish police officer, 26, carries a Kurdish re boy as thousands of Syrian refugees enter Turkey at Yumurtalik crossing gate near Suruc Tuesday. Scan the photo with your Metro lews app to see a photo gallery of refugees entering Turkey in search of

Refugee campaign. UN chief calls on leaders to help

The United Nations chief called for world leaders Wednesday to join the international campaign to ease the plight of nearly unprecedented numbers of refugees, the displaced and victims of violence in a world wracked by wars and the swift-spreading and deadly

Ebola epidemic.

Secretary-General Ban Kimoon said leaders must find "seeds of hope" in the turmoil and despair of a world that may seem like it's falling apart with people crying out for protection from greed and inequality. THE ASSOCIATED PRESS

Alberta

Group warns that ISIS is recruiting Somali youths

The leader of a Somali group has written to the prime minister warning that young people in Alberta are being recruited to become fighters for the radical group the Islamic State of Iraq and al-Sham (ISIS). In his letter, Mahamad Accord says he has solid sources who say youths from the Somali community have signed up to become terrorist soldiers. The Canadian Press

Algeria

Extremists behead French hostage

Algerian extremists allied with the Islamic State of Iraq and al-Sham (ISIS) have decapitated a French hostage after France carried out airstrikes in Iraq, according to a video that appeared online Wednesday. French President Francois Hollande condemned the killing.

THE ASSOCIATED PRESS

U.S. asks Canada for more help in **Middle East**

New possible military engagement. Harper declined to offer details

Prime Minister Stephen Harper says Canada will soon be weighing the possibility of an extended military role in the Middle East.

Harper said he has just recently received a request from the U.S. government for further Canadian involvement in the fight against Islamist rebels.

"We have to have some additional debate within our government," he said Wednesday during a question-and-answer session in New York before an audience of U.S. business lead-

"The government of Canada will make a decision on that very shortly.

When pressed about the possible new engagement, Harper declined to offer details



takes part in a question-and-answer session in New York on Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS

because the U.S. government 'didn't make the letter public."

But he did say the world can't allow terrorists to gain safe havens like the one that has developed in eastern Syria and western Iraq.

Wednesday's conversation with the Wall Street Journal's editor-in-chief also delved into some of the sociological aspects of the fight against the al-Qaida splinter group known as the Is-

lamic State of Iraq and al-Sham (ISIS). Some of the terrorists who carry Western passports can hardly be called Muslims; some of them apparently don't even attend mosque, Harper

He also suggested that Middle Eastern hostility to the West is nothing new. Harper said there's been a constituency for that since the Crusades.

At that point the editor-inchief, Gerard Baker, interjected: "Of course they had a point, during the Crusades."

That was just one snippet of a free-flowing conversation in New York's financial district, where the high-profile newspaperman pressed Harper on a number of fronts.

Baker mentioned Canada's relatively strong economic performance, but he pushed Harper on the relative weakness of some Canadian energy sectors beyond energy.

THE CANADIAN PRESS

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Police files detail night of 2nd video

Project Brazen 2.

New police documents recount the night the alleged second crack video was shot, suspect's phone sought

Newly released documents show Rob Ford's sister told police the Toronto mayor was smoking crack cocaine with her in late April in the company of a drug dealer and a friend of Ford's who is facing criminal charges.

Inadmissible evidence

G20 cop acquitted of wrongdoing

A police officer convicted of one assault related to the violence-marred G20 summit in Toronto four years ago was acquitted Wednesday in a second case because the only evidence against him was ruled inadmissible.

As a result, the prosecution presented no evidence against Const. Babak Andalib-Goortani, who was charged with using a weapon to assault a blogger. The constable still faces internal misconduct hearings for using excessive force against the protester. THE CANADIAN PRESS

documents, filed with a court by police to obtain a search warrant, say Kathy Ford was interviewed by investigators after reports surfaced last May of a second video allegedly showing the mayor smoking crack.

Police say Kathy Ford told them her brother arrived at her house "intoxicated" but not "high," and that he was drinking and play-fighting with Alexander Lisi, who was never hurt. Ford also told police a man named Michael "Jugga" James sold drugs to her and her brother.

Released Wednesday by a

judge, the documents indicate that police believe the second video was recorded April 26 by James, leading police to request a search warrant for three cellphones belonging to James, believing they will find video and audio that may provide evidence of drug possession by Ford and both drug trafficking and drug possession by

The allegations stem from Project Brazen 2, a police investigation surrounding the Toronto mayor, and have not been proven in court.

THE CANADIAN PRESS

Surrey, B.C. Ex-convict accused of killing teen had worried about reoffending

Documents reveal that a man accused of killing a 17-year-old British Columbia girl told a parole board in 2008 that he was worried he would harm someone else if he was ever released from

Just months before Raymond Caissie's sentence was complete, in March 2013 a parole board refused to release him, saying he was of moderate to high risk to reoffend violently and sex-

Documents dating back eight years show Caissie, who's now 43 years old, told the board that he was afraid of returning to society because he didn't have the skills to live on his own, had never held a job and worried about harming someone.

After serving a 22-year sentence for sexually assaulting a woman in Abbotsford, B.C., he was released in June 2013.

He now faces a seconddegree murder charge in the death of Serena Vermeersch, 17, whose body was found last week in Surrey, B.C.

THE CANADIAN PRESS

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metr⊕ metronews.ca Thursday, September 25, 2014

Double life: When Holly met Holly

'Email doppelgangers.'

Two women — one Canadian and one American — share a name and, as it turns out, much more



They have the same name. They're the same They're both gay. They have the same creative passion. They're both poets, and there's something profound in their story.

Meet Holly Painter, 29, and, er, Holly Painter, 29, the unconnected women who

have spookily similar lives.
They call themselves
"email doppelgangers" because they get each other's
messages. They have similar website addresses. People confuse them, even in faceto-face interactions, and it got so weird that eventually the pair met to have a laugh



about it.

The two women are from opposite sides of the U.S.-Canada border, but, meeting Wednesday, they chatted like old friends and even finished each other's sentences.

Here's how it all started. "One of my friends said he really loved my poem on female genital mutilation," said the American Painter, who's from Detroit but lives in Singapore. "Um, what? That's not the sort of thing you forget writing about. So went and looked around and I found Holly.

The pair met for the first time over breakfast in London, Ont., where the Canadian Painter lives. Her counterpart was passing through on a research trip for a book she's writing.

During their chat, the American Painter tells of

'What struck me is the fact that technology is this connecting tool." The Canadian Holly Painter

an encounter with someone who complimented her on a stage performance she never gave. It turned out to have been the Canadian Painter. That's even weirder because, whatever the similarities, the women don't look alike.

But, even as they talk, they find more things they share. Each volunteers with kids. Each has a younger brother. Each has a day job in publishing. They talk over one another's laughter as the matches are made.

"I guess it's a little surreal," says the Canadian Painter. "I suppose it's not totally surprising that someone has the same name ...

... but all the other similarities as well, it's a bit bizarre," her doppelganger finishes.

They don't even notice how closely meshed their speech patterns are, until

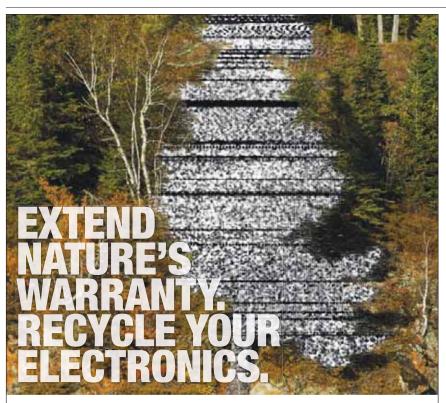
it's pointed out.
"What struck me," continues the Canadian Painter, "is the fact that technology is this connecting tool.

"We're poets as well, so poetry for me is a way to connect to other people. Generally, I would do that in person, but we were able to find each other online.

And the two friends have made a decision. There's no alternative: They have to make poetry together.
"I was thinking there

must be other people out there who are email doppelgangers," the Canadian Painter explains. thinking, there must be something else I can do to get a poetry project in the

At least we know their names will rhyme. It doesn't get quainter than two Holly



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metronews.ca Thursday, September 25, 2014 **BUSINESS**

Let it go, let it go ...

Will Mattel let it go that Hasbro will make Frozen dolls?

The toy wars just got a bit colder thanks to Disney's Frozen, with Hasbro wrestling the rights for dolls from the hit movie away from rival Mattel.

Hasbro Inc. announced that its new deal with Dis-ney Consumer Products wiľl give it global rights (with the exception of Japan) to develop dolls based on Frozen THE ASSOCIATED PRESS

U.S. Treasury Dept.

Approved raises for GM executives 'excessive': Report

The U.S. Treasury Department continued to approve "excessive" pay raises for top executives at General Motors and its former consumer finance arm, both of which received taxpayerfunded bailouts during the financial crisis, a new government report says.

Market Minute



DOLLAR 90.44¢ (+0.10¢)



15,120.54 (-5.13)



\$92.80 US (+\$1.24)



\$1,219.50 US (-\$2.50)

Natural gas: \$3.90 US (no change) Dow Jones: 17,210.06 (+154.19)



Will we show true patriot love for BlackBerry?

A journalist compares the new BlackBerry Passport device, right, to an existing Android device at the Passport's launch in Toronto on Wednesday. Whether you love BlackBerry or hate it, the Canadian smartphone maker is banking on its new Passport device to help reshape perception of the company in a highly competitive market. "We are determined to win back the Canadian home crowd." chief executive John Chen told the audience at the Toronto launch event on Wednesday. "If you guys don't support us, then you've got some problems," he joked. chris young/the canadian press

Want to get groceries from a drive-thru?

It's already big in France. Loblaw will test a program that lets customers buy items online, then have them loaded into their cars outside grocery stores

Loblaw Companies Ltd. is preparing to pilot a grocery clickand-collect program, which will allow shoppers to order online and pick up their completed order at stores.

A Loblaws store in Richmond Hill has been set up with a bright orange click-and-collect area that includes assigned parking. Customers will be able to have the groceries they chose and paid for online loaded into their vehicles.

Loblaw announced earlier this year that it would pilot a click-and-collect program, but provided few details. A company spokesperson de-clined to elaborate on Tues-day, although he did confirm that Richmond Hill will be the first location to offer the

"The service is not yet available to the public, but we're excited by the prospect of offering busy customers another option to complete their shopping, saving considerable time in the prosaid Loblaw spokesperson Kevin Groh.

While click-and-collect is not well-known in Canada, the service is widely used in Europe and at some stores in the U.S., to service time-starved customers who don't have time to shop them-

In France, one in five shoppers report having used click-and-collect services from grocery chains, according to Canadian Grocer editor Rob Gerlsbeck. Torstar News Service

Brazil. Tycoon charged with manipulating stock market, giving false info

Federal prosecutors in Sao Paulo have charged Brazilian tycoon Eike Batista with manipulating the stock market and causing billions of dollars in losses.

The prosecutor's office said in a statement issued late Tuesday that Batista and seven former directors of oil company OGX Petroleo e Gas Participacoes were charged with deceivinvestors with false

information regarding the company's production po-

Prosecutors said the stock manipulation caused the market to lose more than \$6 billion. A judge must accept the charges before the case can move to trial.

Telephone calls seeking comment from Batista's conglomerate EBX rang unanswered on Wednesday.

Sanctions. Canada is tough on Russia, but not when it comes to oil

For all its much-touted toughness in imposing economic sanctions against Russia, Canada has been significantly more timid against one particular target: the oil industry.

A database of sanctions compiled by The Canadian Press suggests Canada has been almost three times less likely to penalize Russian oil companies than the United States.

The Harper government has imposed economic penalties against five Russian oil companies, compared to 13 firms targeted in that same sector by

That's despite the fact that in its vast array of more than 175 sanctions targets, Canada has been as tough as the U.S. - if not tougher — on other segments of Russian society, including private citizens, the defence industry, mining, and financial-services companies.

THE CANADIAN PRESS

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VOICES

metronews.ca Thursday, September 25, 2014

GAME ON! THE FIVE STORYLINES OF '14-'15

The NHL is back after its traditional 12-day hiatus, and this season promises 353 days of excitement!

Will the Toronto Maple Leafs be terrible, or worse than that? Can the NHL's near-destitute players get by after a decade under the salary cap? And which lucky ticket holder will be the "100th fan" in Florida Panthers' history? With so much going on it seems like there's dozens of storylines in the 2014-15 season. But, no, there are five.

1. NHL to test rule banning players from crushing opponents' skulls: As it's picked up speed, hockey's had an alarming tendency to bend players craniums like so many iPhone 6s. But this year new rules will ... Oh, nope, sorry, I've just learned the rules won't change because violence is "part of the game." What they've banned instead is the penalty-shot spin-o-rama, because that was fun, thereby contra-vening the terms of the collective bargaining agreement.



John Mazerolle

NHL commissioner Bettman has had his successes. yet his small-town charisma has never caught on with fans. Bettman says he's always loved the game, though, which is why this year his goal is to learn the rules. "The NHL is so fast, which is why I've never been able to figure out how the offside thingy goes," he said. Bettman also said he hopes to stay to the very end of a game this year, provided traffic

2. Gary Bettman sets goal to learn offside rule:

3. Analytics debate to be settled in big game between jocks and nerds: Everybody's got an opinion about "fancy stats," the popular analytics that measure things like shot attempts. Anti-fancies say the only

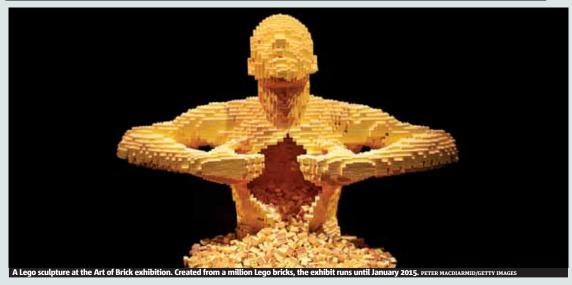
important stat is the score, while pro-fancies look at the ice and see The Matrix, or the motorbike scene from TRON. Regardless, it will all be settled on the big, frozen lake near the tracks when The Nerds play The Jocks to settle this once and for all. Could it be the

one thing they forgot to measure was their love for the game?

- 4. Stanley Cup to stay in the U.S. Given the expense of ferrying the Stanley Cup between Canada's Hockey Hall of Fame and whichever American team has won it this season, the league's GMs agreed this summer that the cup will stay in America "where it belongs" until Canada can actually win the thing.
- 5. Given the major violence, steroid and racism scandals that have plagued the other major North American sports, **Gary Bettman** has promised that all the NHL's scandals will remain solidly on the playing surface. "Whether it's brutal violence, homophobic remarks or flagrant cheating, I can assure you that the NHL will keep these tactics on the ice where they belong," he said. Bettman added that, despite the scandals, everybody is involved in sports for the same reason: to make as much money as humanly pos-

Game on!

only you'd practised at your Lego a bit more ...



The Art of the Brick exhibit created using a million blocks

The Art of the Brick exhibition has travelled the world showcasing artist Nathan Sawaya's Lego creations. On Friday it opens to the public in Londón, England.

There are more than 80 works in the exhibition that span Sawaya's entire career as a fulltime artist working in Lego. which he embarked upon following a previous career as a

lawyer. Sawaya has now been creating Lego artworks for seven years, although Lego has been a passion for him since the age of five.

His first large build was a sculpture of a dog he created when he was 10 after his parents refused to buy him a pet pooch.

Sections of the exhibition include Sawaya's oversized 3D

To celebrate its London arrival. the exhibition has a section dedicated to English culture.

Among the British artifacts on show are a red tele-

portraits of popular and recognizable artworks including Hokusai's The Great Wave off Kanagawa and Edvard Munch's The Scream. Two sections entitled

phone box, a "Keep calm and build on" poster and two bands that showcase the best of British music in the past and today, in the form of The Beatles and — ahem — One Direction

The Human Condition and Human Expressions contain more original artwork featuring sculptures involving the human form. wired.co.uk

MetroTube

More interspecies love





ANDREW FIFIFI D

The video for Knock Knock is likely going to be your first experience with Ukrainian band Blondes Shoot Brunettes, but it'll be a memorable one. The song itself is standard coffee shop balladry, so, you know, *shrug*. But the video, which syncs the screens of more than a dozen



cellphones, tablets and laptops to tell an interspecies love story, is a delight. (Brunettes Shoot Blondes/YouTube)

Twitter

@metropicks asked: A complete car body printed out of thermoplastic and carbon fibre was recently shown off at a trade show in Chicago. If you could make anything at all using a 3D printer, what would it be?

@Canucklehead ca: Anyone who doesn't answer 'another 3D printer hasn't actually thought this through & is quite frankly wasting everybody's

Join the conversation @metropicks



SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 10 in News, page 20 in Life and page 25 in Sports

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- 3. Voilà! You should see the AR in action.









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Local artists join David Suzuki to champion the environment

Blue Dot tour. Halifax singer hopes music will help attract young people to the cause



BACKSTAGE PASS Jenna Conter halifax@metronews.ca

Scientist David Suzuki took over as host of CBC's The Nature of Things in 1979, wanting to make science accessible to the general public.

In a time before Twitter and Facebook, it was tough to get the general population to pay attention to the environment, let alone get the younger generation to learn what they could be doing to help our planet.

Having now earned near rock-star status with CBC loyalists from every generation, Suzuki is bringing his Blue Dot tour to Halifax this weekend.

On Friday, the Blue Dot Team and the Ecology Action Centre will host a family-friendly afternoon celebrating the revitalization of Halifax Harbour at Point Pleasant Park from 4:30 to 6:30 p.m.

On Saturday night, Suzuki will share the Rebecca Cohn stage with local artists to further his cause.



One artist happy to help spread the gospel is local musician Joel Plaskett.

"David is a very important person. The way he's lived his life and the things he's chosen to speak about — it's admirable," Plaskett said. "He's one of those people who represents the pursuit of excellence as he continues to champion the environment."

Plaskett said Suzuki's continual efforts are what made it a no-brainer to align himself with this tour.

"Anything you can do to bring a young audience to focus on this topic, the better," he said. "People's attention spans are continually fractured at all times, so people need to recognize when the topic is worthy of their attention — that's the challenge."

Joined by Jenn Grant and Shane Koyczan, Plaskett hopes all those involved will help bring in the crowds and further push the issue.

"I think it's important to get people together to talk about the same ideas," he said. "If music can help bring people into the room I'm happy to play it."

lf you go

- What: An Evening with David Suzuki in Halifax
- Where: Rebecca Cohn Auditorium
- When: Saturday, 7 p.m.
- Tickets: bluedot.ca

Quoted

"(The environment) is not the ultimate pursuit but one of the most important topics one could speak about — if not the most important."

Local artist Joel Plaskett, on playing this Saturday's Evening with David Suzuki





metronews.ca
Thursday, September 25, 2014

Canadian connection

Boxtrolls is Canuck's directing debut

Ask Canadian illustrator Graham Annable how he landed his first big directing gig in stop-motion animation and he simply shrugs.

Each step toward his upcoming 3D feature The Boxtrolls has been an unpredictable sequence of happenstance, he insisted during a visit to Toronto this past spring. "I think back to when I graduated from (Oakville's) Sheridan (College) — which is over 20 years ago now — and the thought that I would be back in Toronto speaking about a stop-motion animated feature that I codirected would never have entered my mind," Annable said. Annable logged a lot of hours as an animator at places including Chuck Jones Enterprises and George Lucas' video game company LucasArts, where he spent 10 years.

THE CANADIAN PRESS

When Ben Kingsley gets fired up ...

The Boxtrolls. The man also known as Gandhi isn't much of a pacifist when it comes to bad directors



NED EHRBAR Metro World News in Hollywood

Here's a fun game: Sir Ben Kingsley has made a lot of films since Gandhi in 1982, but at least one of them was a terrible experience. So take a look at his IMDb page and guess which filmmaking experience was so toxic it prompted him to torch the screenplay. He's not saying which film it was.

"I actually burned the script," Kingsley says while promoting his latest film, the stop-motion animated film Boxtrolls, which we can rule out from being the offending production in question.

"I had a ceremonial burning of the script. The director was such an awful person who was so discourteous to the cast and so amateurish. It was a



colossal waste of good energy and time. All actors want to do is please and get it right, and it was so difficult."

One way to avoid any repeats of such an experience? Taking matters into his own hands.

"I've created a production company with my wife. We've

got six films on our slate, and one of them is about a naval admiral," Kingsley says.

"I want to play a man in uniform. I've got tremendous respect for that life that they lead. We know so little about it. It's never discussed or talked about, when they come back from battle. I want to exam-

ine the choices that have to be made in those terrible times. That's one of the films on our slate."

And it will likely be a far cry from his Boxtrolls character, the devious Archibald Snatcher, who looks and sounds nothing like Kingsley himself. "My physicality on screen — the puppet — is very unlike my own silhouette. The movement and the mannerisms that you see on screen are not human," he says. "I tried to echo that with stretching vowel sounds and my accent and playing with my voice, from a very relaxed starting point. I actually was lying down for most of my recordings."

While Kingsley only had a bit of voiceover work before Boxtrolls, he's got more lined up already, with Jon Favreau's take on The Jungle Book, requiring only Kingsley's voice.

"Mowgli is a real child, and he'll be surrounded by computer-generated animals," Kingsley says of the project, in which he'll play Bagheera the leopard.

"It will be my voice. That's what Jon wants. I offered him all sorts of different things, and even an Indian accent, but he said, 'No, I want your British voice.' This script is probably a lot closer to Kipling than the original Disney one was."

No word yet on whether he'll be doing this job lying down as well, but it's safe to say he won't torch the script.

Tickets to the Advance Screening on OCTOBER 151 ANNABELLE TO THE STATE OF THE STA

Bryan Cranston. Breaking Bad star tapped for film about China's Great Wall

Deadline reports that Bryan Cranston is in early negotiations with Legendary Pictures to co-star in The Great Wall, which is to be helmed by Chinese filmmaker Zhang Yimou.

According to the entertainment news site, the former Breaking Bad star could share the billing with Matt Damon, who is also reportedly in talks to join the film.

The feature, which has been aiming to get off the ground at Legendary Pictures for years, will explore the origins of the famous Chinese landmark.

First erected to protect the Chinese Empire's borders starting around the 5th century BC, the Great Wall has been demolished and rebuilt several times since then.

Originally, the feature was slated to be directed by Edward Zwyck (Love & Other Drugs, Defance) and to star Henry Cavill (Man of Steel). The filmmaker ultimately backed out of the project to direct Pawn Sacrifice, a movie on the chess champion Bobby Fischer with Tobey Maguire in the title role.

AFP



Hollywood



Second baby Bell doesn't stress actress

Kristen Bell says she's much more comfortable during her second pregnancy — not just because she has a better idea of what to expect, but because she's no longer trailed by paparazzi.

The actress established the No Kids Policy earlier this year that saw stars unite to withhold interviews from outlets that published photos of celebrity children without parental permission. With a spate of A-list signees to the policy, entertainment news outlets quickly curbed their practice of showing such images.

"I feel a lot safer because I'm not followed at all now," Bell said.

THE ASSOCIATED PRESS



Are all non-Gosling babies jealous of Ryan's kid?

And now, the latest on new parents Eva Mendes and Ryan Gosling. It's been nearly two weeks since the couple welcomed their new daughter, and apparently the whole thing is taking some getting used to.

"They're both great, but

exhausted," a source tells E! News. "They know it's going to be a little while before the baby adjusts to a schedule."

Gosling, for his part, is reportedly "infatuated with the baby," making all other babies in the world seethe with jealousy.

Dr. Dre rakes in \$620M just by covering your ears

The headphone business has been very good to Dr. Dre.

The producer and former N.W.A. member has topped Forbes magazine's 2014 list of highest-paid hip-hop acts, pulling in a staggering \$620 million, thanks mostly to Apple's purchase of the Beats by Dre headphone line.

That's more than the income of the next 24 artists on the list combined. Jay Z and Diddy share second place, each at \$60 million, followed by Drake at \$33 million.



METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



One Direction just keep on over-sharing



NED EHRBAR

It's hard to imagine that there's anything left to reveal about One Direction, especially after having the start of their career heavily documented on a reality show, being the subject of a Morgan Spurlock-directed documentary and being incessant over-sharers on social media.

But, just in case, there's now a book coming out. The five guys have "written" an "autobiography" called Who We Are that promises "an unprecedented insight into all of it, from their humble beginnings and lives before the X Factor, to recording their first single, touring the world, winning awards, breaking records, and much, much more."

We're putting this one right on the shelf next to Kim Kardashian's book of discarded selfie attempts.

SATURDAY,

SEPTEMBER 27

Twitter



@Bitchuation

Will somebody please tell Taylor Swift A CAT IS NOT AN ACCESSORY.



@ParisHilton

To all the paparazzi & people I see waiting outside my hotel for me. Don't waste your time. I'm being a good girl & staying in tonight.





Paulina belly pic confirms Gretzky will be a grandpa

The Great One is going to be a grandfather. Wayne Gretzky's daughter Paulina announced Tuesday on her Instagram account that she and fiancé, pro golfer Dustin Johnson, are expecting

Johnson, are expecting their first child. The 25-year-old posted a photo of herself

cradling her belly, with the caption: @djohnsonpga & i are so excited to finally share with you all our amazing news..we're having a baby!!"

Younger brother Trevor Gretzky, a minor-leaguer in the Los Angeles Angels' organization, followed up by tweeting "Uncle Trev" along with the same photo.

It's the first grandchild for the hockey legend and his wife Janet, who have five children. Paulina is the old-

est. **the canadian press**



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Walking the online runway

Media's models. The maker of Kate Moss explains social media's ever-growing effect on the fashion world

RICHARD

Metro World News

Gone are the days when models, like Victorian children, were seen and not heard. Nowadays their social media following on Twitter and Instagram can be as fiscally valuable as their face and figure.

Sarah Doukas, founder of agency Storm Models, explains that "there are girls who have huge followings, so we have to monetize that with a client. We've had to teach them because they would come to us and say, 'It's an advertising job.' We would say, 'What do you mean advertising? Is it ecommerce?' They would hide under the table and it wouldn't mean anything to them but now it should be monetized in a big way. It's a big element."

Cara Delevingne's flock of Twitter followers numbers almost two million, while her Instagram account is just shy of seven million.

The 22-year-old's audience reach rivals that of the big brands such as Burberry, Pepe Jeans and Mulberry for whom she models and subsequently markets for, thanks to her candid behind-the-scenes social media sharing.

"I remember being horrified a couple of years ago when she was in Paris and watching on our computers as Cara was mobbed out-



side a show by the general public and not by the paparazzi. And I was like, 'God Almighty, this is extraordinary, this cannot be happening,'" exclaims Doukas from her glass-walled office.

Inevitably, Delevingne's clickable antics in entering into the public interest — or rather the interest of the public — creates a ready stream of gossip-fuelled picture stories of bleary-eyed partying or even a snap of

the starlet sinking her teeth into model and bestie Jourdan Dunn's butt at the recent GQ Awards.

But Delevingne, who not only survived tabloid accusations of dropping a cocaine baggie outside her London home last year, is in even greater demand with her ineffable mix of disarming charisma and zany ADHD childishness. It's her USP (unique selling point).

"When she was four



Sarah Doukas

years old, she was always an unbelievable mile-a-minute jumping bean. I said, 'She will never be tall enough' but I did always think she would act," reminisces Doukas. Of course, she was right.

Then again, the maker of industry greats has a knack for spotting a marketable quirk.

It's a calculated gamble that saw Australian model Andrej Pejic — now known as Andreja after sexual reassignment surgery — added to the women's and Storm artists boards.

"From the minute I saw Andrej (as she was then), I embraced him as a per-

Grabbing a game-changer

 Sarah Doukas is known for having spotted a 14-year-old Kate Moss in New York's JFK Airport in 1988. Moss was only 170 cm (short by industry standards) and might have been overlooked by a stickler for runway uniformity.

Instagram explosion

"I was like, 'God Almighty, this is extraordinary, this cannot be happening."

Sarah Doukas on Cara Delevingne's

son because not only was he tremendously beautiful looking but she is also tremendously bright — she is extraordinary," states the scout.

Pejic has since closed the Jean Paul Gaultier show and walked for designers such as Christian Dior and Marc Jacobs, with plans to move into the acting world.

However, Doukas, who set up the agency in 1987, chides the industry for its lack of inclusivity in terms of race and gender diversity.

"I just don't think we have enough diversity."

Designers are still reluctant to move away from the Caucasian esthetic that dominates the runways, although the fashion month cities (New York, London, Milan and Paris) are starting to cast more Asian models.

"It's what they think will sell," remarks Doukas.

She explains that it's the simple fact that the industry comes down to sales that empowers the public both as consumers of fashion and social media to drive the change away from runway and high-street homogeneity.

homogeneity.
Doukas believes that
"when you get back to the
power of social media and
if someone like Andreja Pejic can become a voice with
all these followers, then
brands will be forced to embrace her, or whoever."

Canadian street style

Spotted in: Toronto

Name: Lauren

Age: 30

Occupation: Owner and designer of floral design company Timberlost & Humblebound

What she's wearing:

All Toronto vintage finds. Black dress

from Mama Loves You, hat from Gadabout Vintage, shoes from Penny Arcarde and Coach bag.

Her inspiration:

"Whimsical and ethereal pieces; classic accents; 1950s femininity; Motorcycle babes; dark and jewel tones."

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT — AN E-NEWS-LETTER PROGRAM — AND A WEEKLY NEWSPAPER SECTION TOO!



Trends Repor

Women have many one-piece outfit options, such as dresses and jumpsuits, so it was only a matter of time before someone created a onesie business suit for men. Go online to Trends Report to learn more about The Suitsy, and why I think it's a genius invention.

- Online. metronews.ca/ trends-report
- Follow Irene on Twitter @MetroIreneK and Instagram @kuanirene

metronews.ca Thursday, September 25, 2014

Ultimate fusion of hearty tastes

Tomato Soup With Spaghetti And Chicken Meatballs. The only thing you'll have to decide is whether to use a fork or spoon

Cookbook of the Week

Delicious (and effortless) dining



Time and ideas are things on which many cooks find themselves short.

Faking It by Valli Little is here to help, whether you need to make fast midweek dinners or impressive dishes for entertaining.

The book focuses on recipes that require only a few ingredients and is filled with clever shortcuts as well.

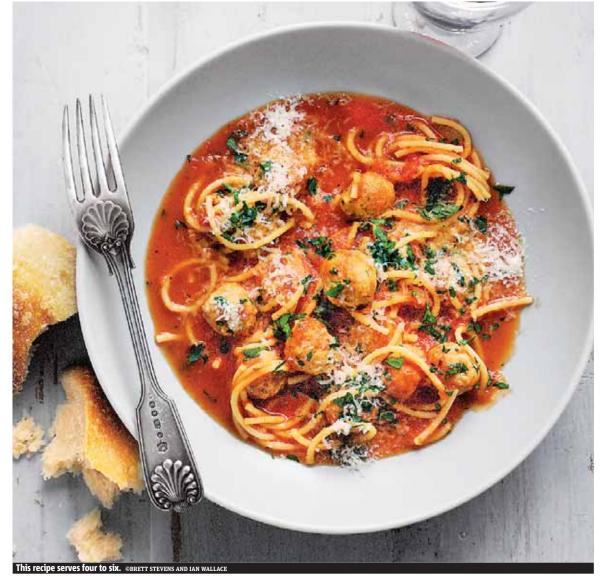
Faking It features more than 100 recipes, including: Gnocchi-topped Cottage Pies, Prawn, Chili and Pesto Pizza; Sushi Rice Bowl, Oven-Baked Lamb Curry, Black Forest Cake, Easy Baklava and more. METRO

1. Heat the oil in a large saucepan over medium heat. Add the onion and cook for 2-3 minutes, stirring, until softened. Add the garlic and tomato paste and cook, stirring, for a further 1 minute. Add the tomatoes and 21/2 cups (625 ml) of the chicken stock. Bring to the boil, then reduce the heat to low and simmer for 20 minutes while you make the meatballs.

2. For the meatballs, place the remaining 21/2 cups (625 ml) chicken stock in a saucepan and bring to the boil. Squeeze the sausage meat from the casings and form into about 30 small (3 cm) meatballs. Add meatballs to the stock and simmer for 10 minutes until cooked through. Remove meatballs to a plate with a slotted spoon, then return stock to the boil. Add the spaghetti and cook until al dente. Drain, discarding the

3. Use a stick blender to blend the soup until smooth (or blend in batches in a blender, then return to the pan). Add the cooked

- 1 tbsp olive oil
- 1 onion, thinly sliced
- 2 garlic cloves, finely chopped
- 1 tbsp tomato paste
- 2 x 400 g cans chopped tomatoes
- 1.25 l (5 cups) chicken stock
- 500 g thin chicken sausages
- 100 g spaghetti, broken into 5 cm lenaths
- Chopped basil, grated
- Parmesan and crusty bread, to



spaghetti and meatballs to the soup and warm through gently for 5 minutes over low heat. Ladle the soup into bowls, garnish with basil and Parmesan, then serve with your favourite crusty bread.

THE RECIPES WERE EXCERPTED FROM

FAKING IT BY VALLI LITTLE ©2014. PUBLISHED BY HARPERCOLLINS CAN-ADA. ALL RIGHTS RESERVED.

Appetizer. French Goat Cheese Dip

"I'm a fan of goat's cheese, but if you're not, cream cheese works equally well in this recipe," writes Valli Little in Faking It. "This dip can be used as a stuffing for roast chicken, too. Simply create a pocket between the skin and the breast, then carefully place the cheese mixture under the skin."

1. Place the goat cheese, vinegar, wine, oil, garlic, parsley and chives in a bowl with some sea salt and freshly ground black pepper. Beat well with a fork (or process in a food processor) until smooth, then serve with crusty bread and vegetables to dip.

- 300 g soft goat cheese
- 1 tbsp white wine vinegar
- 1 tbsp dry white wine
- 2 tbsp extra virgin olive oil • 2 garlic cloves, crushed
- 2 tbsp finely chopped flat-leaf parsley
- 2 tbsp chopped chives
- · Baby (Dutch) carrots, celery sticks, radishes and crusty bread.

For your phone

New York Times Cooking (iPad; free)

Poached bananas, avocado fries, and Coke-brined fried chicken are among the dishes featured in this strangely di-



APP @RealKrisAbel

verse collection of 15,000 recipes enhanced with videos that promises new delights





metr⊕ metronews.ca Thursday, September 25, 2014

Decorfor shared off-campus digs

Getting your stuff together. Practical decorating solutions for living with housemates include lots of storage and multi-use pieces

For college kids who move off-campus, learning to accommodate the styles and needs of housemates is good practice for life after school.

Take Erica Weidrick and Caitrin Curtis, upperclassmen at the University of North Carolina, who are moving into a new townhouse with a third friend. While they'd all been living together for a year already in a dorm, they wanted some organization and style help with this new arrangement.

Here are some typical problem areas, with advice from two designers on how to solve





Front door dump

"We all come in and just drop our stuff in a pile, and sometimes mail gets lost or keys disappear — usually when we're late," says Weidrick.

Veronica Valencia, a Los Angeles-based designer and stylist, suggests setting up a bin for each housemate, and not allowing any overflow.

"It's true, we hit the front door and everything we've been hauling all day falls to the floor," says Valencia, who blogs at DesignHunterLA.com.

"If it doesn't fit in the bin,

you have to put it away immediately," she says. "I love fabric bins or wood crates. If you have an entry table, consider fabric wrapped magazine boxes, one for each per-

Weidrick and Curtis also liked a wall shelf with hooks and small baskets for keys and

Common area clutter

"The living room is a challenge because that's where we spend most of our time, so it's where most of our junk ends

up. It's hard to keep a shared space organized when everyone is coming and going at different times," Curtis says.

What they need is stylish storage where the clutter can hide when company comes.

Valencia's fix: "Two words: Storage ottomans!"

Consider an ottoman in faux leather or suede, with a flip-top tray that can be used as a resting place for TV remotes, phones and snack dishes. Clutter can be scooped inside when the need arises, and, voila! The ottoman provides extra seating.

M. Elodie Froment, PB Teen's vice-president, product development, suggests using a pair of trunks.

"They're great because you can store extra blankets and other essentials."

Trunks come in a variety of finishes that can appeal to guys and girls.

Common area style

"We all want our shared space to be warm and relaxed, like our bedrooms," says Curtis. "But the living room and kitchen are supposed to be social spots, and it's nice to be able to change the atmosphere from 'just chilling' to

'hosting a party.'"

Valencia's answer is to "think in terms of movable and modular. Add floor pillows so your coffee table can accommodate a study group, and poufs for extra seating on

She suggests sharing Pinterest inspirations and finding styles and patterns that all





Decorate with decals

"If you're not planning on painting your walls, identify one to decorate with removable wall paper or decals."

PB Teen vice-president M. Elodie Froment

the housemates can live with. Your own room's where you'll be able to put your personal

For common areas, Froment says, "Pick a neutral colour scheme for the larger furniture items, and add splashes of personality with decorative pillows, art and decor. If you're not planning on painting your walls, identify one to decorate with removable wall paper or decals."

If floors are bare, add a rugged nylon rug in a bold geometric or floral. If you can't afford or agree on artwork, the rugs bring pattern to the floor and give rooms a finished feel that's a little more grown-up.

Weidrick and Curtis like ambient lighting that will turn down the stresses of

Froment suggests a fun floor lamp, perhaps pairing it with a playful wall light. "Accent with string lights for a soft glow," she says.

THE ASSOCIATED PRESS

Bedroom space

In bedrooms, Valencia follows the "3H" rule of organizing: "Hamper, hooks and a hanging closet organizer."



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24 SPORTS metronews.ca Thursday, September 25, 2014





Huskies seeking 'a recipe for success'

Attitude adjustment.

Saint Mary's QB hopes team's positivity pays off with a win Saturday against Concordia



KRISTEN LIPSCOMBE

Rossong has been her

Ben Rossong has been here before.

So the 22-year-old Saint Mary's quarterback isn't dissuaded by the fact that the Huskies have lost not once, not twice — but three times so far this season.

Just two years ago he was part of the SMU squad that dropped three to start, but then improved over the course of the season to advance to the 2012 Loney Bowl for the AUS championship,

falling 17-9 to Acadia University in the end, but celebrating a comeback season.

"My first year here, we started off 0-3, and we went to the AUS final, so ... it's not impossible," the Lower Sackville product said Wednesday, just before stepping onto the turf for a late afternoon practice on the Halifax university campus.

Saint Mary's suffered a rough 39-8 loss to the Mount Allison Mounties in Sackville, N.B., over the weekend, in addition to falling 31-7 to the St. Francis Xavier X-Men and getting edged 16-13 by the Acadia Axemen earlier this month

Saturday's loss to the de-

fending Loney Bowl champions resulted in a young Saint Mary's roster getting "a little banged up," with a few minor injuries weighing them down, in addition to Rossong's fellow quarterback, Scott Borden, leaving the field with an arm fracture.

"You can't afford to get off to a slow start like we did, and I think that took a lot of energy out of us as a team," Rossong said. "We're going to learn from it."

That means players getting healthy and getting "better on all aspects of the ball," Rossong said. Fewer mistakes, consistent plays and a positive outlook will also contribute to "a recipe for success," he said.

"The attitude has really changed," Rossong added while sitting on the bleachers as teammates stretched out and warmed up a few minutes early. "We want to turn it around."

The Huskies have that chance this Saturday, when they face the Concordia Stingers for this season's interlock game with the RSEQ, the Quebec conference of Canadian Interuniversity Sport. Kickoff is 2 p.m. at Huskies Stadium.

In fact, the Huskies are quite "excited" to be back home, where they should have plenty of fans decked out in maroon and white to help motivate them.

"Hopefully we can get some good support," Rossong said.

After all, there's "still lots of football to be played" this season, he said. "We can still climb our way up."

NBL Canada

Rainmen add power forward Jones to roster

The Halifax Rainmen have inked a deal with power forward Emmanuel Jones of Regina.

The six-foot-eight player will join the Rainmen roster for the 2014-15 season, pending clearance by the International Basketball Federation, the NBL Canada franchise announced Wednesday.

Jones, 29, played college ball at the University of Texas Pan-American, averaging 18 points and eight rebounds per game.

He wasn't drafted into the NBA, but has played in the development league, as well as internationally, including in Malaysia, Taiwan and Ukraine.

"I had the pleasure of watching Emmanuel play in our mini-camp in New York and have no doubt he will be one of the most dominant players in our league," Rainmen owner and president Andre Levingston said in a news release.

"Jones is extremely athletic and finishes above the rim."

Tip-off on the National Basketball League of Canada season is Nov. 1, with the Rainmen travelling to New Brunswick to take on the Moncton Miracles on Nov. 6.





Quoted

"The athletes we have on our team, we can compete with anyone in Canada." Saint Mary's Huskies quarterback Ben Rossong

Two Mooseheads on Central Scouting's radar



Two Halifax Mooseheads have made the preliminary players-to-watch list put out by the NHL's Central Scouting Service.

Six-foot-one, 208-pound forward Timo Meier and sixfoot-four, 211-pound Connor Moynihan, both 17, made the cut for the prospect rankings released Wednesday by the National Hockey League.

Both also received a B rating, which indicate they're likely to be selected during the second or third round of the 2015 NHL Entry Draft.

That means as of right now, no Mooseheads play-

ers are projected to go in the first round of next spring's draft, at least according to NHL Central Scouting Service's early analysis of the 2014-15 season.

Five players from the Quebec Major Junior Hockey League received A ratings, which means they have first-round potential. That includes Callum Booth of the Quebec Remparts, Filip Chlapik of the Charlottetown Islanders, Nicolas Roy of the Chicoutimi Saguenéens, Daniel Sprong of Charlottetown and Jakub Zboril of the Saint John Sea Dogs.

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SPORTS 25

Cleveland still alive

Barely. Win over Royals keeps Indians' playoff dreams going

They're alive, barely, but it beats the alternative. The Indians' playoff hopes are fragile, and they're doing all they can to keep them from shattering.

Yan Gomes hit a three-run homer, Michael Brantley got three more hits and Cleveland stayed in the AL wild-card chase for at least one more day with a 6-4 win over the Kansas City Royals on Wednesday night.

A loss would have eliminated the Indians, but after blowing a 3-0 lead, they rallied and moved within 3-1/2 games of Kansas City and Oakland in the wild-card standings. There are four days left in the regular season.

"We said all year long as long as we have life, we're going to keep battling and that's exactly what we did tonight," outfielder David Murphy said. "We've had some good moments. We've had some bad



moments this season, but hopefully we're going to be going into the last series of the season still alive."

The Royals, who haven't made the playoffs since 1985, fell two games behind firstplace Detroit in the AL Central.

Zach McAllister (4-7) pitched 2-1/3 scoreless innings and Cody Allen worked the ninth for his 23rd save as the Indians kept their season relevant.

They're off on Thursday, but the Indians will closely monitor Kansas City's game in Chicago and Oakland's visit to Texas.

"It has all to do whether or not we have life coming into Friday," Murphy said, "so regardless we're going to come ready to play, but hopefully we're going to be playing for something."

Brantley has hit safely in 15 straight games and needs one more hit to be the first Indians player with 200 in a season since Kenny Lofton in 1996.

The Indians took the lead in the fifth off rookie Brandon Finnegan (0-1) on Carlos Santana's RBI groundout. Cleveland added a run in the sixth on Murphy's pinch sacrifice fly.

Cleveland entered the unusual series — the teams completed a suspended game on Monday — 3-1/2 games behind the Royals and the Indians ended in the same place. Unfortunately for them, they wasted a chance to pull closer and now have to win their final three games and hope for help from other teams to play in the post-season. The Associated Press



Status update: City still very good

Man City's Frank Lampard takes a selfie with a supporter after scoring twice in Wednesday's 7-0 League Cup win over Sheffield in Manchester, England. Scan the image with your Metro News app for more League Cup and European soccer action. MICHAEL STEELE/GETTY IMAGES

NHL pre-season

Bruins beat Capitals 2-0

Defenceman Zdeno Chara opened the scoring on a power play with 5:43 left in the third period in the Boston Bruins' 2-0 exhibition victory over the Washington Capitals on Wednesday night.

Tuukka Rask made 14 saves for Boston in the first two periods, and Jeremy Smith completed the shutout with 12 saves in the third. Simon Gagne added an empty-net goal. THE ASSOCIATED PRESS

NASCAR.

Stewart not facing charges

After more than six weeks in limbo, NASCAR star Tony Stewart finally got the news he had been hoping for.

A grand jury that heard testimony from more than two dozen witnesses, including accident reconstruction experts and drivers, and looked at photographs and video, decided against bringing criminal charges against Stewart for the death of 20-year-old sprint car driver Kevin Ward Jr. during an Aug. 9 race.

That doesn't mean it's over. A few hours after Ontario County District Attorney Michael Tantillo announced the grand jury's decision, the Ward family indicated in a statement that they will seek civil damages in the young driver's death.

Stewart's reaction was not one of celebration, and his statement had the same twinge of sadness that he's carried since he returned to NASCAR. THE ASSOCIATED PRESS



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The Gentle Island







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Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

T Aries

March 21 - April 20

Uranus in your sign can at times make you feel a bit tense but today's link to Jupiter, planet of good fortune, will chill you out no end. Partners and loved ones will see the difference in your attitude, and respond in kind.

Taurus April 21 - May 21

There is a rational explanation for everything that happens but sometimes things happen that make you wonder if there is not more going on. Keep your mind open over the next 24 hours.

II Gemini May 22 - June 21

A wonderful aspect between the heavyweight planets Jupiter and Uranus means you are in tune with the spirit of the times, so find fun in everything you do.

9 Cancer June 22 - July 23

The choices you make over the next few days will have a major impact on your social or professional reputation, so make them wisely.

Ω Leo

July 24 - Aug. 23

Something you said a while ago was taken out of context and a rival is now using it against you. Set the record straight today.

W Virgo Aug. 24 - Sept. 23

If you try to talk your way out of trouble today chances are you won't succeed. If, however, you admit you made a mistake, you will be forgiven with no questions asked.

△ Libra

26

Sept. 24 - Oct. 23

You may seem calm and on the outside but deep down you fear the worst. Whatever has you worried will be out of your life by the end of the day.

Scorpio

Oct. 24 - Nov. 22

Domestic and work arrangements may change at a moment's notice today, but that's OK. You are adaptable enough to change with them and make it all seem effortless.

Sagittarius Nov. 23 - Dec. 21

You may recently have lost something of value but what you gain over the next few days will more than make up for it.

17 Capricorn

Dec. 22 - Jan. 20

Partnership problems may be causing you concern but don't fear. Certain relationships have fallen into a rut and need to be revitalized. What is painful in the short-term will be useful in the long-term.

Aquarius Jan. 21 - Feb. 19

Uranus, your ruler, is brilliantly aligned with luck planet Jupiter today, so how can you possibly lose? You can't, so decide what you most want to do then give it your best shot. You'll succeed.

H Pisces

Feb. 20 - March 20

The planets suggest you are about to make a momentous decision. But are you making it for the right reasons? Make sure you answer that question first.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

_ effort 1. Get an '_' 5. Impede, in law 10. Blue

13. French novelist Victor, and surnamesakes

15. Scenic suffix to 'Sea'

16. Pressure meas. 17. Insurance

18. Lady Gaga hit: 2

wds. 20. Capital of Argentina, __ Aires

22. Montreal 1976: Nadia's number

23. Demonstration disturbance

24. Welsh actor Mr. Gruffudd

26. Stand-ins for monarchs

28. Arfer like Farley in Canuck comic strip For Better or For Worse

32. Hideaway

33. Per

34. Book of __ (Old Testament book)

36. Pinnacles 40. Marvel's Wolver-

ine character: 2 wds. 43. Actress Madeleine

44. Dollop 45. Queens __ (Street in Toronto's waterfront)

46. Mary __ (Cosmetics company) 48. Causes confusion/

50. Restrictive

chaos

66 69 54. George Lucas

51

40

43

62

heroine 55. Persia, now 56. 51s ...ancient Rome style 58. C.S. Lewis fantasy

land 62. Vancouver neighbourhood

65. Buzz of "Toy

Story" (1995), et al.

53

18

25

26

54

27

68

24

41

66. East: French 67. Gin and

70

68. Cater to o9. "__ sells sea-shells..."

70. "__ Away" (2002) starring Madonna 71. Artist Ms. Bonheur (b.1822 - d.1899)

Down

1. Captain in 1956's "Moby Dick"

2. Particular pufferfish 3. S-shaped moulding 4. Rocker from Arkan-

sas, an Honorary Officer of the Order of Canada: 2 wds.

5. Second sight,

shortly

6. Glaswegian 7. Census

8. Premiered 9. For each 10. Madrid's locale

60

11. Tie type 12. Cuts out sugar,

perhaps 14. Brownstone stairway

19. St. Boniface, Winnipeg's 21. Anwar (Former

Egyptian President) added (Restaurant declara-

tion)

27. Equipment

28. Tiny terms

29. High society, _ monde

30. Prefix meaning

'Outer' 31. Toronto-born

pianist Glenn

35. Bungle

37. "Start " by The Rolling Stones

38. 'E' in QED 39. Some beans [var. spl

41. Shipshape

42. Actor Buddy 47. " Submarine"

by The Beatles

49. Monetary units in Oman

50. Tastes

51. __ Setter (Woof!) 52. Not shiny, as

foundation 53. "Cheers" char-

acter

57. Cut

59. Tunesmith Laura 60. Composer Mr.

Berlin, et al.

61. On the Atlantic about time!"

64. Sept.'s follower

See today's answers at metronews.ca/answers



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

4	1	9	7	6	2	3	5	8
5	8	2	3	5	1	9	4	7
3	7	5	8	9	4	2	1	
9	6	7	5	2	3	4	8	1
1	3	4	6	7	8	5	9	2
2	5	8	4	1	9	6	7	3
5	2	3	1	4	7	8	6 2	9
8	4	.1	9	3	6	7	2	5
7	9	6	2	8	5	1	3	4

7			9	5			6
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